

A Pinch From the Second Body

JOURNEYS OUT OF THE BODY

by Robert A. Monroe;
Doubleday & Co., Garden City,
N.Y. 274 pps.

Reviewed by BOYCE LOVING

This is the most exceptional book this reviewer ever has had an opportunity to read and review. So unusual is the volume that the reviewer waited two weeks after reading it to set down his conclusions. Even the author, Robert A. Monroe, an Albemarle County resident, is inconclusive in the summation of some of the experiences he underwent and set down.

The author concludes that many persons have a "second body" that can disassociate itself from the physical body and, under control, engage in "journeys" and experiences, then return to its normal physical abode.

How did Robert A. Monroe discover the faculty of being able to disassociate his second body from his physical? A number of years ago, as he lay abed, he was aware that his body was undergoing marked vibrations. These, which occasioned some pain, were followed by the sensation of

floating against the ceiling above his bed. He realized that he was able to thrust his hand through a solid substance, such as the ceiling.

This experience alarmed the author and for a time he was uncertain whether or not to reveal his experience even to his wife. He did consult a physician, a psychiatrist and a minister. None of the three was able to give a convincing explanation of the episode.

This type of experience, the author states, was repeated at irregular intervals and Monroe began to note the details of each. In time, he says, he was able to induce the vibrations that invariably preceded each departure and subsequent "trip." In the book he cites numbers of these experiences, giving dates of each and many times the elapsed time required before the return to his physical self.

At first, Monroe writes, he thought he was having dreams, hallucinations or some other type of subconscious manifestation. Later, however, when he had learned to control his "journeys," he confesses he was unsure how to classify the experiences.

So sure is the author of his "out-of-the-body" experiences that he includes in his book a progressive succession of steps to be taken by any who wish to test their abilities in the realm of the "second state."

Were the book not written in such a conversational, down-to-earth style, one might himself experience an eerie sensation at some of the incidents Monroe relates in connection with his journeys. At least one of those

cited is confirmed by a second person involved: The author states that on a certain journey he pinched the fanny of a woman he encountered (known to him) and that days later she admitted she had a bruise at the exact spot Monroe stated his second body (hand) had pinched her.

The author states there is a large underground group of people in the United States who have had experiences similar to his and who possess his faculty of disassociating their second bodies from their physical anatomies. Most of these, he adds, have not revealed their experiences for fear of damage to their reputations, businesses or professions. Those possessing the faculty, the author says, include people of all social, financial, and business or professional levels.

Sometimes small groups in this underground will assemble for consultation and comparison of experiences, Monroe writes.

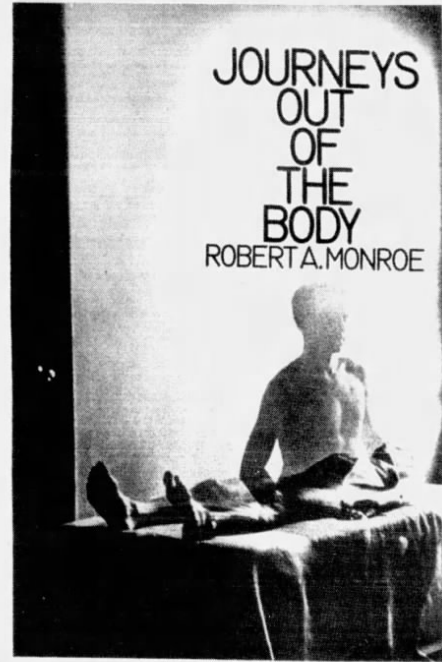
Not only does the author narrate many of his experiences; he also suggests that more comprehensive knowledge of this disassociation from the physical and its attendant exploration of the "second state" may reveal and explain phenomena not yet understood. He even intimates that some of this may have a relation to the God man has worshiped for centuries.

It must be understood, however, that much of what Monroe writes is admittedly conjecture and, as he states, much research must be done in this field before scientific fact is condoned with the presently exploratory revelations.

Whether or not you believe in necromancy, astrology or any of the occult fields, the average reader will find "Journeys Out of the Body" a fascinating, intriguing book. It is not written by a guru, palm reader or other professional of the mysterious, but by a successful business man.

Robert Allan Monroe, the author, spent his early life in Lexington, Ky., in what he says was a "normal and cheerful family atmosphere." At Ohio State University, where he took his degree in 1937, he studied pre-medicine, commerce, engineering, journalism, drama and English. After graduation, he entered the broadcasting business as a writer-director.

In New York he wrote Sunday features for newspapers, magazine articles, a monthly magazine column on aviation and several screenplays. He broke into network radio with a daily program, "Rocky Gordon", which he conceived and continued to write for several years. In the post-war period,



Monroe formed his own company, which is said to have become one of the largest mass-production radio program companies of its time.

The author is now president and chief executive of two corporations active in the fields of cable television and electronics.

Monroe and his wife, Nancy, live with their family, on a large farm, "Whistlefield," in western Albemarle County.